

# State of South Carolina

## Governor's Proclamation

**WHEREAS,** good nutrition and physical activity are key components of a healthy lifestyle; and

**WHEREAS,** the type, quality and amount of food that individuals consume each day play a vital role in their overall health and physical fitness; and

**WHEREAS,** the 2006 theme, "Step Up to Nutrition and Health", reinforces the importance of making healthy eating, physical activity, and lifestyle choices; and

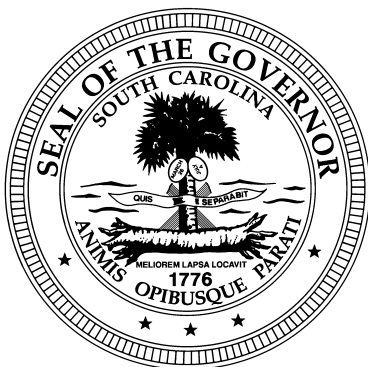
**WHEREAS,** there is a need for continuing nutrition education and wide-scale, population-based efforts to enhance good eating and physical activity practices for the residents of South Carolina; and

**WHEREAS,** with events throughout the Palmetto State, including cooking demonstrations, healthy recipe contests, food taste tests, work-site health programs, library displays, and supermarket tours, the 2006 observance of National Nutrition Month provides an opportunity to join together in celebrating the importance of good nutrition.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim March 2006 as

### NUTRITION MONTH

throughout the state and encourage all South Carolinians to recognize the importance of good nutrition to the optimal health and well-being of the people of the Palmetto State.



A handwritten signature in black ink, appearing to read "Mark Sanford".

**MARK SANFORD**  
**GOVERNOR**  
**STATE OF SOUTH CAROLINA**